

## DNA-V Session Assessment, Discussion and Session Planning

**Two easy-to-use tools that can help your discussions flow smoothly from assessment, to session planning, to monitoring progress.**

You can use these tools to:

- Assess a person's current state in each of the six DNA-v areas
- Discuss at the start of the session - progress, engagement in home tasks etc
- Use it to set an agenda for areas to work on in the session
- Measure behaviour change or outcomes across sessions
- Use the disk as a way of building a visual plan for your intervention
- Use the disk as an easy take-home worksheet, session content reminder, homework etc

### DNA-v Session Tool For intervention planning and charting progress

This is a six-item tool that can be used for planning, assessment, and intervention. It comprises a six-item 10cm visual analogue scale (VAS) with items from the Process Based Assessment Tool (PBAT\*).

Note that these six items are all positive valence items. The full PBAT has items that are both positive and negative valence. Positive and negative items are independent; in other words, a client can be high on negative items as well as high on positive items. For these DNA-V tools, positive valence items were chosen for pragmatic purposes:

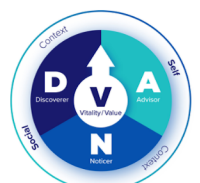
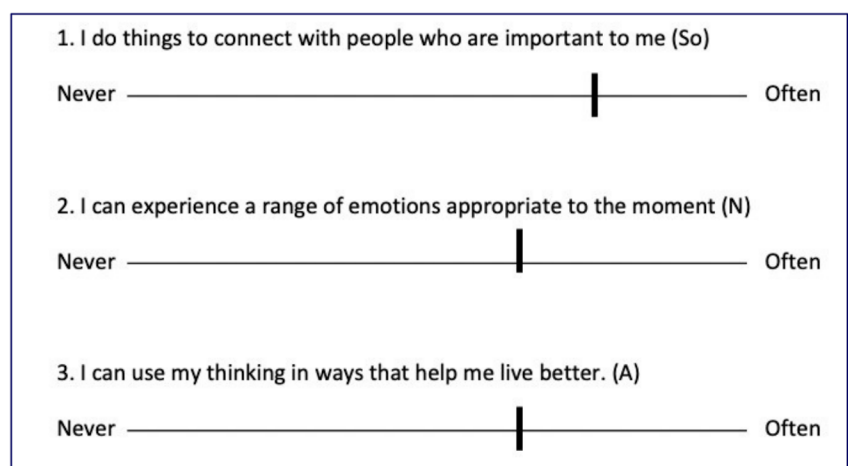
- **Six items that are targets for learning flexibility with our DNA-v abilities**
- **Brief so we don't overwhelm the client and we maximise our time**
- **Have utility across sessions or as a repeated measure**

When using the visual analogue scale (VAS), the relationship between items is valuable because it reveals how people see their current well-being or progress. In the sample image below, item 1 might be interpreted as higher than the others, even if only marginally. This is the place for discussion.

Even small changes will inform your sessions:

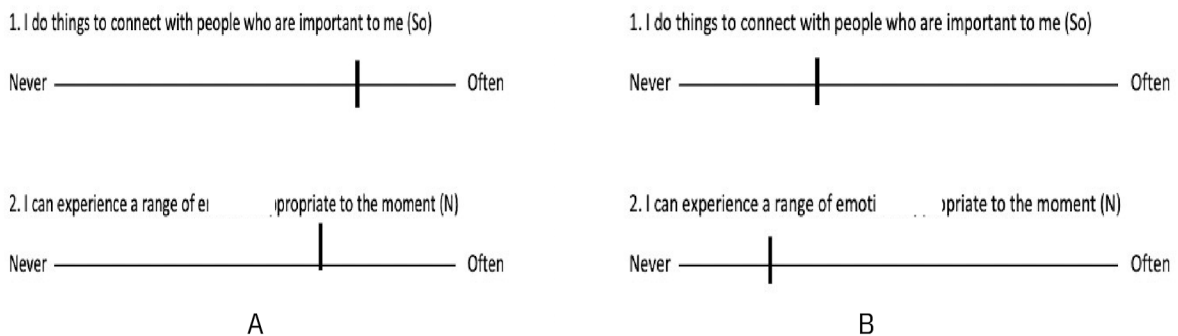
*I noticed that you marked 'connecting with people' as something you do more often than the other items. Would you tell me some more about that?*

*Conversely: I see that you rate yourself lower on experiencing emotions and thinking. Would you say more about that?*



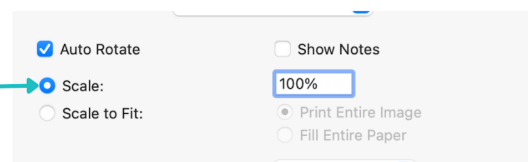
### The DNA-v Session Discussion Tool is a measure within the individual:

An individual's progress and change can be measured over time and interpreted idiographically. If samples A and B (below) were the same individual across time, we could make a useful comparison about our intervention progress. Because this is a VAS, it also allows for individual perceptions of rank.



### Scoring:

This VAS is anchored to a 10cm line (print at 100%)



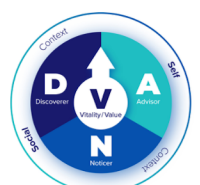
## The DNA-v disk for intervention planning & discussion

This is a visual DNA-v disk with the six PBAT questions included to create a visual tool for:

- Creating your intervention plan with your client
- Working with a client to consider how they use their abilities (D,N,A,V) and their contexts (self, social)
- Pairing it with the key DNA-v change steps that are shown throughout the book *What Makes You Stronger* (L. Hayes, J Ciarrochi, A. Bailey)

\*Source: Adapted from the PBAT

Ciarrochi, J., Hayes, S. C., & Hofmann, S. G. (2021). Assessing Processes of Change in Psychological Interventions: The Process-Based Assessment Tool (PBAT). <https://doi.org/10.31234/osf.io/2pbcf> – [www.pbatsupport.com](http://www.pbatsupport.com)



# DNA-V Session Discussion Tool (L. Hayes, J. Ciarrochi, D. Gillard, 2022)

The six statements below will guide our work and make it as helpful as possible. This isn't a measure of you but of how we can work together. It's a way of making sure that what we do together is what you most want to work on. It's ok to say never on all questions if that's how you feel right now. So if you're willing, please tell me where you think you are now on these six items by putting a little mark on each line.

Name .....

Date .....

1. I do things to connect with people who are important to me (So)

Never \_\_\_\_\_ Often

2. I can experience a range of emotions appropriate to the moment (N)

Never \_\_\_\_\_ Often

3. I can use my thinking in ways that help me live better. (A)

Never \_\_\_\_\_ Often

4. I choose to do things that are personally important to me. (V)

Never \_\_\_\_\_ Often

5. I can change my behaviour when changing helps my life. (D)

Never \_\_\_\_\_ Often

6. I can be patient and caring towards myself (Se)

Never \_\_\_\_\_ Often

Scale 10cm 

Source: Adapted from the PBAT

Ciarrochi, J., Hayes, S. C., & Hofmann, S. G. (2021). Assessing Processes of Change in Psychological Interventions: The Process-Based Assessment Tool (PBAT). <https://doi.org/10.31234/osf.io/2pt>  
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